

Amendments to the Claims:

This listing of claims will replace all prior versions of claims in the application.

1. (Currently Amended) A support comprising:
  - a wedge-shaped base;
  - a head/neck pillow on the base;
  - a cover around the wedge-shaped ~~[[based]]~~ base; and
  - a handle attached to the cover.
2. (Original) The support of claim 1 further comprising a pocket on the cover.
3. (Original) The support of claim 1 with the wedge-shaped base comprising a first foam and with the head/neck pillow comprising a second foam.
4. (Currently Amended) The support of claim ~~[[4]]~~ 3 wherein the first foam comprises an open cell mattress foam and the second foam comprises a memory foam.
5. (Original) The support of claim 1 further comprising a spandex cover on the head/neck pillow.
6. (Original) The support of claim 1 with the wedge-shaped base having a front surface and a bottom surface, and with the front surface extending at an angle of 25-55 degrees to the bottom surface.
7. (Original) The support of claim 6 wherein the angle ranges from 30-45 degrees.
8. (Original) A support for floor exercises or stretching comprising:
  - a wedge-shaped base comprising mattress foam;

a head/neck pillow on the base, with the head neck pillow comprising memory foam;

a wedge cover around the wedge-shaped based; and

a head/neck pillow cover on the head/neck pillow.

9. (Original) The support of claim 7 with the head/neck pillow positioned over a front surface and a back surface of the wedge-shaped base.

10. (Original) The support of claim 7 wherein the base has a height H and a length L and wherein the ratio of L:H is 1.5:1 to 3:1.

11. (Original) The support of claim 8 further comprising one or more zippers on the wedge cover.

12. (Original) The support of claim 8 with the wedge cover comprising Nylon and the head/neck pillow comprising Lycra.

13. (New) A support comprising:

a wedge-shaped base comprising a first foam material, with the wedge-shaped base having a front surface and a bottom surface, and with the front surface extending at an angle of 25-55 degrees to the bottom surface.

a head/neck pillow on the base comprising a second foam material;

a cover around the wedge-shaped base;

a handle attached to the cover.

14. (New) The support of claim 13 wherein the angle ranges from 30-45 degrees.

15. (New) The support of claim 13 with the head/neck pillow attached to the front surface and to a back surface of the wedge-shaped base.

16. (New) The support of claim 13 wherein the width of the head/neck pillow is less than the width of the wedge-shaped base.

17. (New) The support of claim 15 with the front surface joining the back surface at a peak on the wedge-shaped base, and with the head/neck pillow position on the peak.

18. (New) The support of claim 13 wherein the wedge-shaped base has a substantially triangular cross section shape.